

Helping Parent Spotlight

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Parent leader Lydia Mathre is no stranger to adventure. She has lived abroad helping Vietnamese refugees, received a degree in communication arts, attended broadcasting school in Hollywood and worked in advertising and radio. She is also a single parent to 30-year old Daniel, who has autism and who lives with her. Lydia's adventures are now closer to home but remain full in passion and purpose. With Lydia's loving guidance, and support, her son Daniel lives a full life and stays active in the community.

Daniel volunteers weekly at the Mukilteo YMCA and works one evening a week with his job coach at The Ceramic Place in Everett. During the week, Daniel participates in All-Aboard bowling and Eagle Wings disAbility Ministries activities. He attends church, goes to the library, runs errands, enjoys superhero TV shows and movies, and listens to "The Score" on classic King FM radio, learning the backstory of movie soundtracks. In the summer, Lydia accompanies Daniel to Shakespeare in the Park and Special Friends summer day camp at Warm Beach.

Lydia is not only a friend and support to Daniel, but she is also a natural support to others with disabilities and those who need a listening ear or word of encouragement. She leads with an open heart.

Lydia is a compassionate listener and often knows just the right thing to say to show empathy, diffuse a tense situation or to bring comfort to others. Whether she is at church, Taco Bell, Eagle Wings, bowling, or at The Arc's Mothers Network support group, Lydia maintains a sense of presence and aims to spread joy.

Lydia often carries a bag with little items or mementos to share that she purchases at the bookstore or dollar store. When asked about her bag of gifts, she said it is something intentional she does to connect with others. To offer hope and encouragement, or remind a person that they have something to be grateful for in a challenging situation, is her goal. Whether it is an inspirational card, candy, quote, chocolate, painted rock or pencil, Lydia tries to offer something tangible that is positive and appropriate to a situation. Often times the recipient will smile and say, "Oh, I needed that." While at a recent support group meeting, Lydia handed out a mini bottle of bubbles and reminded the recipient to find joy in the simple things and have, "A bubble of joy in your heart."

We are grateful for parent leaders like Lydia Mathre, whose calm presence and acts of loving kindness, foster community and connection.

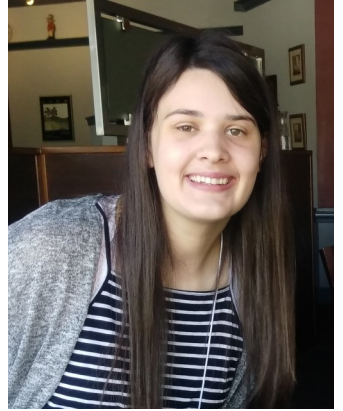


Lydia and her son, Daniel

Advocacy Spotlight

Regan Harris is a 22-year-old young woman living her “Good Life”. She lives, works, advocates and participates in her community of Marysville, Washington. She credits her Mom, Dad and sisters with helping her to work towards independence and inclusion in her community.

Jessie Atkins, Leadership Development Coordinator with the Arc of Snohomish County, met Regan and invited her to mentor with her as a volunteer leader with The Arc. Together, Regan and Jessie visit local schools to share stories and reflections on self-advocacy, self-awareness and self-determination with 18 to 21-year-old transition students. Jessie selected Regan for this particular leadership role because of Regan’s own personal awareness of the areas that she needs support, self-determination, and ability to advocate for herself.



Additionally, Regan has participated in community conversations and with the local non-profit, Leah’s Dream Foundation, to find ways to provide inclusive and supportive options for adults with disabilities over the age of 21, who have aged out of public school transition services. In February, Regan was invited to speak at the local Marysville “WE Day”. She shared a powerful and meaningful message by encouraging other young members of the community to stand up and stand united in order to make a difference.

In June, Regan attended the Community Summit conference in Wenatchee. Her intention for attending this annual disability conference was, *“To learn new things and to become a better advocate.”* Upon reflection, she shared that she learned, *“Everyone has gifts, so use them the best you can. I’ve also learned to always say no to someone taking advantage of me and to always seek help when I need it.”* The most memorable part of the conference was attending “The Ring of Safety” presentation. *“He was funny, but makes a great point on sexual abuse.”* The session focused on the need for individuals with disabilities to be the first line-of-defense against abuse, the various skills that people with disabilities need to keep themselves safe, and the importance of reporting abuse.

Regan is building her self-confidence in both her presentation and leadership skills. She hopes to one day participate as a speaker at the Community Summit. For now, her plan is to continue volunteering with The Arc as a leader and provide ongoing mentorship to 18 to 21-year-old students in transition programs.

The Community Summit is an annual conference that brings together self-advocates, families, friends, allies, service providers and public employees from across the State, to learn and discuss ways to create inclusive communities.

This year, in addition to personal stories from self-advocates and presentations focused on disability issues, a Tech Expo was added. It featured presentations on assistive technology, smart home exhibits and provided hands-on opportunities to try out devices and software. Technology is essential in enabling people to better perform daily activities and to be more actively involved in their homes, schools, work, and communities.

Never doubt that a small group of thoughtful committed citizens can change the world; indeed it's the only thing that ever does."

- Margaret Mead



[Helping Parent Program](#)
[IEP Parent Partner Program](#)

"I am not the only one who has traveled this path. I will follow the footsteps before me and reach back a hand to those who come behind." - Unknown

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Arc News

2018 Legislative Forum

Thursday October 18th
6:30pm-8:00pm

Everett Station Weyerhaeuser Room
3201 Smith Avenue, Everett

The forum is an opportunity to connect with legislators, candidates and other families on issues that face the IDD community. **Your personal stories and connections with your legislators can and will make a difference!**

If you have any questions or would like to help out with the event please contact: Megan Edmonds at MeganE@arcsno.org 425-258-2459 x107

Upcoming Arc Trainings - Fall 2018

Helping Parent & IEP Parent Partner
Mondays, November 5, 12 & 26 (6-9pm)

Esta capacitación también se ofrecerá en Español.
Viernes, 19, 26 de Octubre & 9, 16 de Noviembre (6-8:30 pm)

The Arc's Helping Parent program matches parent volunteers with other parents of a child with a new diagnosis for peer support. If you would like to use your experience and insights as a parent of a child with special needs, to offer hope, encouragement and perspective to other parents, please join us for the Arc's two-part **Helping Parent training**. Then continue with the **IEP Parent Partner** module to increase your knowledge about Special Education and help families navigate the IEP process.

To register or for more information contact:
Alaina Kube at Alaina@arcsno.org 425-258-2459 x111

Para registrarse o para mas información contacte a:
Mely Cervantes Mely@arcsno.org 425-258-2459 x 114

Boards & Committees

The Arc of Snohomish County encourages individuals and family members to participate on boards and committees, to be the voice for developmental disabilities as decisions are made in our community.

Current Openings

The **Washington State Developmental Disabilities Council** <http://ddc.wa.gov/>

The Council is especially interested in candidates from diverse geographic, ethnic and cultural communities and Native American Nations. Members will hold a 3 year term and can be reappointed. All expenses including travel to meetings, meals and lodging are covered by the council.

For information about becoming a council member, contact Linda West at 800-634-4473 or <http://ddc.wa.gov/join-us/>

The **City of Everett** is currently seeking volunteers to serve on the following:

- ♦ **Diversity Advisory Board** <https://www.everettwa.gov/1201/Diversity-Advisory-Board>
- ♦ **Tree Committee** <https://everettwa.gov/682/Tree-Committee>
- ♦ **Council of Neighborhoods** <https://everettwa.gov/338/Council-of-Neighborhoods>

Download an **application form**. <https://everettwa.gov/FormCenter/Boards-Commissions-25/Boards-and-Commissions-Application-164>

The **City of Edmonds Arts Commission** has a **Student Rep Position** opening in September.

The attached link contains information about this position and application form. http://www.edmondswa.gov/images/COE/Government/Boards_and_Commissions/Commissions/Arts_Commission/StudentRep18-19.pdf

Governor Committees Apply to Serve on a Board or Commission

If you'd like to apply to serve on the DD Council or any Governor Board or Commission, complete the online application linked below. You may apply for a board or commission at any time, regardless of whether there is a current or upcoming vacancy, as vacancies occur periodically throughout the year.

If you have any questions about completing the application, please contact Gov. Inslee's Office by email or call 360-902-4111.

<https://www.governor.wa.gov/boards-commissions/boards-commissions/apply-serve-board-or-commission>

Interested in serving on a public or private committee or board?

The Arc can provide support, resources and tools to help you be effective and successful.

If you're already serving on a board or committee let us know. We'd love to hear from you!

For more about leadership opportunities and training contact Megan Edmonds: 425-258-2459 x107 MeganE@arcsno.org

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Did You Know?

Recreation Guide

Looking for Summer activities, camps or classes that are fun for all abilities? The Arc's 2018 Recreation Guide is now available to download. Printed copies are available at The Arc office. <http://arcsno.org/all-resources/summer-recreation-resources-1/510-2018-recreational-guide/file>

Community Access Fund

The Arc of Snohomish County and the Nysether Family Foundation have collaborated to provide individuals with developmental disabilities access to *inclusive opportunities* in their communities. Individual grants of up to \$200 may be used for, but not limited to, camps, swim, art, dance, music, art, cooking, photography or computer classes.

Grant Guidelines & Application can be found on The Arc's website <http://www.arcsno.org/all-resources/grant-information-1/community-access-fund> or by calling 425-258-2459.

DDA Respite Hours

Respite hours can be used for a variety of classes and activities, including swimming lessons. Most local city's Parks & Recreation programs and the YMCA of Snohomish County are contracted respite providers. In addition to regular group swimming lessons, the YMCA also offers adaptive group lessons and private 1:1 lessons. The Lynnwood Rec Center also offers adaptive group lessons.

Free Passes

Washington State Parks Disability Pass FREE - 5 Year Pass

Eligibility: Individuals with a developmental disability as defined by DSHS

Provides day use access to state parks and free watercraft launching, trailer dump, and discounted nightly camping /moorage.

Download application: <https://parks.state.wa.us/DocumentCenter/View/815/Disability-pass-application>

National Parks Access Pass FREE - Lifetime

Eligibility: Individuals with a developmental disability as defined by DSHS

Covers: Individual plus three accompanying companions and vehicle

Download application: https://www.recreation.gov/brands/rec.gov/marketing/html/ATBPass/access_pass_application.pdf

Discounted Membership

Pacific Science Center Family Access Membership—\$19/year

Eligibility: Low income families - Anyone receiving any form of public assistance

Covers: Up to two adults and up to 6 youth (ages 3-18).

Unlimited admission to the Science Center, as well as unlimited passes for the Planetarium and matinee Laser Shows, 15 free documentary IMAX movie passes and 8 free single use guest passes. <https://www.pacificsciencecenter.org/membership/family-access-membership/>



Inclusion Handbook: Focus on Ability

Provides tools and guidelines for including girls with different abilities in your troop or activity.

"As an organization, we're working to make our programs more accessible to girls who haven't historically been served by Girl Scouts."

<https://www.girlscoutsww.org/content/dam/girlscouts-girlscoutsww/documents/inclusion-handbook-focus-on-ability.pdf>

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Tools & Resources

Plan Now to Stop the "Summer Slide"

Published by *Brock's Academy* <http://brocksacademy.com/>

Summer break gives your child time to relax and renew their enthusiasm for learning. Unfortunately, research has also shown that summer break can also lead to a loss of academic skills, commonly called the "summer slide".

Integrating learning into summer activities can prevent the summer slide and still keep summer fun. Integrating skill building into everyday tasks keeps your child practicing their academic skills, even if they don't notice. Here are some ideas to get you started.

- **Turn everyday tasks into learning opportunities.**
Have your child write grocery lists, count money, calculate restaurant tips or measure ingredients for recipes.
- **Look for learning adventures in your own backyard.**
Visit the farmer's market to learn about vegetables. Attend concerts in the park or other community music events. Research and explore different types of music.
- **Embrace technology and create interactive projects and activities.**
Involve children in digital storytelling, using computer-based tools. Your children can use family photos and videos to tell a story about summer activities. Or maybe try geo-caching (high-tech treasure hunting) letting your child use a GPS device.
- **Find a summer learning program.**
A good summer learning program will address your child's skill gaps while lighting their learning fire by catering to their interests. The key is to find a program that makes your child's heart sing.
- **Be engaged.**
Take time to understand what interests your child and share their enthusiasm. Engaging with your child on the topic not only shows that you are interested in their interest, conversing about what he or she has learned helps your child build critical thinking skills.

Power in Friendship Toolkit

Published by *The National Inclusion Project*. <https://www.inclusionproject.org/>

Designed for families of children with disabilities and those with typically developing children, this toolkit provides parents the resources to help their child build inclusive friendships.

The toolkit includes:

- What is inclusion and why it's important
- How to help children make inclusive friendships
- Games all kids can play
- How to host an inclusive birthday party

The Arc of Snohomish County

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Get Involved

DSHS Town Hall Meeting

Meet DSHS Secretary, Cheryl Strange, and share with her what DSHS is doing well, what they can do better, and what is important to you.

July 26 @ 1 pm

Angel Of The Winds Arena

2000 Hewitt Ave, Everett, WA 98201

PEOPLE FIRST OF SNOHOMISH COUNTY

A Self-Advocacy organization
by and for people with intellectual
and developmental disabilities.

4th Tuesday of each month
11am—1 pm

The Arc of Snohomish County
2500 Hewitt Ave, Everett, 98201

For more information contact:

Kylie Walsh

425-258-2459 x121

Kylie@arcsno.org

I.CAN WOMEN'S SELF-ADVOCACY GROUP

Open to all women ages 16 and up.
We believe everyone has
something to share.

2nd Tuesday of each month
10:30 am—12 pm

The Arc of Snohomish County
2500 Hewitt Ave, Everett, 98201

For more information contact:

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Corinna@arcsno.org

People First of Washington 40th Annual Convention

September 28- 30, 2018

Olympia, WA

For more information contact:

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Kylie@arcsno.org

